



### **Counseling for Perelman School of Medicine Students**

In addition to all of the counselors and services available through the Counseling Center (which are open to all PSOM students), PSOM students have the option for support through two interim designated counselors, Heather Frost, LCSW, M.Ed and Kyra Selwyn, PsyD.

#### **Services Available with Heather and Kyra:**

- Short-term individual therapy
- One-time consultation
- Connection and referrals to long-term therapy and other resources

***\*Sessions offered both virtually and in-person at 3624 Market Street***

#### **To schedule an appointment specifically with Heather or Kyra:**

- Call 215-898-7021 option 2 during business hours and ask to schedule an initial appointment with Heather Frost or Kyra Selwyn

### **Student Counseling**

**Location:** 3624 Market Street, 1<sup>st</sup> Floor

**Hours:** Mon/Tues/Wed 8am-8pm; Thurs 10am-6pm; Fri 8am-5pm; Sat 10am-3pm

**Phone:** 215-898-7021

**Website:** <https://wellness.upenn.edu/student-health-and-counseling>

#### **Services Available:**

- Short-term individual therapy
- Group therapy and workshops
- In-person drop-in support (when open) for crisis or urgent issues
- 24/7/365 phone counseling support
- Medication assessments/management
- Let's Talk drop-in counseling support at locations around campus
- Connection and referrals to long-term therapy and other resources

***\* Therapy and medication services are available in person and virtually***

#### **How to access:**

- To schedule an appointment to begin therapy or medication, call 215-898-7021 option 2 when the Counseling Center is open
- To speak with a counselor immediately 24/7/365, call 215-898-7021 option 1
- To receive crisis or urgent support when the Counseling Center is open, come to the Counseling Center and tell the front desk you'd like to meet with a drop-in counselor
- To meet with a counselor through Let's Talk, [check the website for hours/locations](#) and show up to designated locations during available hours